

# Taco Soup - USDA Recipe H71

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Meat / Meat Alternate

Main Dishes, H-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	2 lb 2 oz	1 qt	4 lb 4 oz	2 qt	<b>1.</b> Brown ground beef uncovered over medium high heat in a large stock pot.  <b>2.</b> Add spices. Stir well.       <b>3.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  <b>4.</b> Remove beef mixture and set aside for step 7.       <b>5.</b> Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft.
Chili powder		1/4 cup		1/2 cup	
Ground cumin		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp	
Garlic powder		2 Tbsp		1/4 cup	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Crushed red pepper		1 tsp		2 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
*Fresh onions, diced	1 lb 2 oz	3 1/4 cups	2 lb 4 oz	1 qt 2 1/2 cups	

Water		1 qt		2 qt	<b>6.</b> Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
Ranch dressing, dry powdered mix	1 oz	1/4 cup	2 oz	1/2 cup	
Canned no-salt-added crushed tomatoes	3 lb 3 oz	1 qt 2 1/2 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1 cup (1 No. 10 can)	
Canned low-sodium salsa	1 lb	2 cups	2 lb	1 qt	
Canned no-salt-added corn, drained	1 lb	2 1/2 cups (1/4 No. 10 can)	2 lb	1 qt 1 cup (1/2 No. 10 can)	
Canned no-salt-added kidney beans, drained, rinsed	3 lb 8 oz	2 qt 1 1/4 cup (1 No. 10 can)	7 lb	1 gal 2 1/2 cups (2 No. 10 cans)	
Or *Dry kidney beans, cooked (See Notes Section)	3 lb 8 oz	2 qt 1 1/4 cup	7 lb	1 gal 2 1/2 cups	

**7.** Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

**8.** Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

**9.** Transfer to a steam table pan (12" x 20" x 2 1/2").

**10.** Serve immediately or cover and place in a

11. Critical Control Point: Hold for hot service at 140 °F or higher.

12. Portion with 8 fl oz spoodle (1 cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

Legume as Vegetable: 1 oz equivalent meat/meat alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup vegetable.

Legume as Vegetable: 1 oz meat/meat alternate and ¾ cup vegetable.

### How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Onions	1 lb 5 oz	2 lb 10 oz
Dry kidney beans	1 lb 8 oz	3 lb

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 13 lb	<b>25 Servings:</b> about 1 gallon 2 quarts 2 cups / 1 steam table pan (12" x 20" x 2 1/2")
	<b>50 Servings:</b> about 26 lb	<b>50 Servings:</b> about 3 gallons 1 quart / 2 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	235	Saturated Fat	2 g	Iron	3 mg
Protein	15 g	Cholesterol	26 mg	Calcium	86 mg
Carbohydrate	26 g	Vitamin A	208 IU	Sodium	285 mg
Total Fat	6 g	Vitamin C	3 mg	Dietary Fiber	7 g